

Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 Avocado
1 cup Unsweetened Almond Milk
1 tbsp Almond Butter
2 cups Baby Spinach
1/4 cup Chocolate Protein Powder
2 tbsps Cacao Nibs

NUTRITION

AMOUNT PER SERVING

Calories	397	Potassium	855mg
Fat	26g	Vitamin A	6198IU
Carbs	18g	Vitamin C	22mg
Fiber	13g	Calcium	697mg
Sugar	1g	Iron	3mg
Protein	28g	Vitamin B12	0.6µg
Cholesterol	4mg	Magnesium	171mg
Sodium	251mg	Zinc	3mg

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO CHOCOLATE PROTEIN POWDER

Use vanilla protein powder or hemp seeds and add cocoa powder.

LIKES IT SWEET

Add frozen banana.

NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.